

NAME	PHONE NUMBER
NEBRASKA NUMBERS	
Healthy Mothers, Healthy Babies Helpline Trained nurses answer questions, provide referrals for medical, financial, emotional and other health related assistance.	1-800-862-1889
Women, Infants and Children Program (WIC) Provides free food and nutrition information to help keep pregnant women, infants and children under five healthy and strong.	1-800-942-1171
Commodity Supplemental Food Program (CSFP) Provides free food and nutrition information to help keep pregnant women, infants and children up to 6 years of age and seniors healthy and strong.	1-800-942-1171
Kids Connection A children's health insurance program that provides health coverage to uninsured children and children with minimal insurance across the state.	1-877-632-5437
Childcare Toll Free Number Lists of childcare providers across the state; compliance reviews; information on subsidies for low-income families.	1-800-600-1289
Child Support Hotline	1-800-831-4573
Suicide Prevention in Nebraska	1-800-784-2433
Cedars Youth/Family Crisis	402-437-8888
Catholic Social Services - Lincoln Diocese Emergency & referral services & refugee assistance.	1-800-981-8242
Boys Town National Hotline For boys or girls feeling abused, confused, thinking about suicide or running away; or for parents seeking help.	1-800-448-3000
Childhood Lead Poisoning Prevention Program	1-888-242-1100
Every Woman Matters A breast and cervical cancer screening program for women 40 and older.	1-800-532-2227
Voices of Hope - Nebraska Domestic Violence Hotline	1-800-876-6238
Abuse/Neglect Hotline for Adults & Children	1-800-652-1999
Nebraska S.I.D.S. Foundation	402-935-1911

NAME	PHONE NUMBER
Nebraska Alcohol and Drug Helpline	1-800-821-4357
Nebraska HIV/AIDS Hotline	1-800-782-2437
Parent Training and Information for Families of Children with Disabilities (PTI Nebraska)	1-800-284-8520 V/TTY
Hotline for Disability Services	1-800-742-7594
Nebraska Family Support Network Helps families with children with behavioral, mental or emotional disabilities, gives support & referral assistance.	1-800-245-6081
Childfind of Nebraska Hotline for Children with Special Health Care Needs.	1-888-806-6287
2-1-1 Human Services in Nebraska Assist you in finding Health and Human Service agencies and programs across the state.	211
Answers 4 Families Helpline Provides information, education and support to Nebraskans with special needs and their families. answers4families.org	1-800-746-8420
NE Commission for the Deaf and Hard of Hearing	1-800-545-6244 V/TTY
Nebraska Diabetes Prevention & Control Program (ask for Diabetes Section)	1-800-745-9311
Epilepsy Foundation of Nebraska, Iowa & North Central Illinois	1-800-221-2689
Leukemia and Lymphoma Society	1-888-847-4974
The Poison Center: Children's Memorial Hospital	1-800-955-9119
Kidney Foundation of Nebraska, Inc.	1-800-642-1255
Arthritis Foundation-Nebraska Chapter	1-800-642-5292
United Cerebral Palsy of Nebraska	1-800-729-2556
Muscular Dystrophy Association (MDA)	402-572-3160
March of Dimes Pregnancy and Newborn Health Education Center e-mail: askus@marchofdimes.com	402-496-7111
Cancer HelpLink	1-800-999-LINK
Nebraska Reproductive Health www.dhhs.ne.gov/reh/rehindex.htm	402-471-3980
Tobacco Free Nebraska General information, health promotion, intervention and statistics.	1-800-745-9311 1-800-QUITNOW

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Spina Bifida Association	Nebraska 402-572-3570 National 1-800-621-3141
Cystic Fibrosis Foundation	Nebraska 402-330-6164 National 1-800-344-4823
Nebraska Easter Seal Society Helps the mentally and physically disabled. Offers information and financial resources.	Nebraska 1-800-650-9880
Multiple Sclerosis Society	Nebraska 1-800-344-4867
Medicaid Central Office A general number that directs you to a specific contact person. Call your local office for eligibility questions.	Nebraska 402-471-3121 1-800-430-3244
NATIONAL NUMBERS	
National Eating Disorders Association Information and Referral	1-800-931-2237
National Runaway Switchboard	1-800-621-4000
National Immunization Information Hotline (CDC)	1-800-232-4636
Downs Syndrome Congress Answers questions from parents for assistance with health concerns. Refers to local area. 24 hours/day, 7 days/week.	1-800-232-6372
Asthma & Allergy Foundation of America	1-800-727-8462
Depression After Delivery	1-800-944-4773
National SIDS/Infant Death Resource Center	1-866-866-7437
Children and Adults with Attention Deficit/Hyperactivity Disorder (CH.A.D.D.) Will help you find local information.	1-800-233-4050
<p>If you find any of these numbers to be incorrect, please call 471-8370 in the Lincoln area, or toll free at 1-877-873-1876 so we can find the current number for you. Thank You!</p> <div>   </div> <p>www.dhhs.ne.gov/prams/</p> <p>The Nebraska Health and Human Services System is committed to Affirmative Action/Equal Employment Opportunities and does not discriminate in delerling benefits or services.</p>	

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PRAMS

Pregnancy Risk Assessment Monitoring System



Resource Directory

For Your Family's Health